

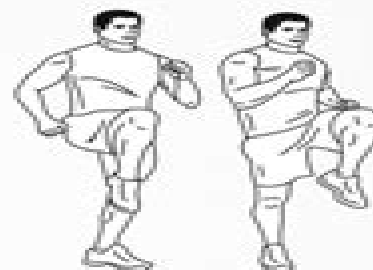
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Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



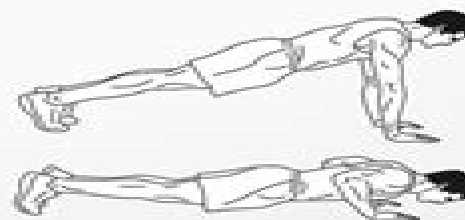
20sec jumping Ts



20sec high knees



10sec squats



10sec push-ups

Max Workout Manual

RC Schank

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Max Workout Manual:

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